

Amendment**In The Claims:**

Please amend claims 1, 31, 32 and 34, as shown in the complete list of claims below,

1. (Currently Amended) An extendable and retractable support comprising:
 - a body including a longitudinal axis;
 - an arm attached to the body and extendable to an extended position;
 - a leg attached to the body and extendable to an extended position; and
 - a biasing member linked to the arm and leg and operable to simultaneously move the arm and leg and to bias the arm and leg toward an extended or a retracted position.
2. (Original) The support of claim 1 further comprising a locking mechanism operable to retain the arm and leg in the extended position.
3. (Original) The support of claim 1 further comprising an actuating member attached to the body and operable to move the arm and the leg.
4. (Original) The support of claim 1 wherein the arm and leg are retractable to a retracted position.
5. (Previously Amended) The support of claim 4 wherein the retracted position includes the leg positioned substantially parallel to the longitudinal axis.
6. (Previously Amended) The support of claim 4 wherein the retracted position includes the arm and the leg positioned substantially parallel to the longitudinal axis.
7. (Original) The support of claim 1 wherein the extended position includes the leg positioned at a non-zero angle less than 90° to the longitudinal axis.

8. (Original) The support of claim 1 wherein the extended position includes the arm positioned perpendicular or substantially perpendicular to the longitudinal axis and the leg positioned at a non-zero angle less than 90° to the longitudinal axis.
9. (Original) The support of claim 1 further comprising a leg attachment assembly operable to move a plurality of legs.
10. (Original) The support of claim 1 further comprising an arm attachment assembly operable to move a plurality of arms and a leg attachment assembly operable to move a plurality of legs.
11. (Cancelled)
12. (Original) An extendable and retractable support comprising:
 - a body having a longitudinal axis and including an outer tube having a top and an inner tube disposed within the outer tube and moveable within the outer tube;
 - an arm attachment assembly including a fixed arm ring attached to the outer tube and a moving arm ring attached to the inner tube and moveable relative to the outer tube wherein the arm attachment assembly is operable to move an arm to an extended position as the inner tube moves;
 - a leg attachment assembly including a fixed leg ring attached to the outer tube and a moving leg ring attached to the inner tube and moveable relative to the outer tube, wherein the leg attachment assembly is operable to move a leg to an extended position as the inner tube moves;
 - and
 - a lock mechanism operable to retain the arm and leg in the extended position.
13. (Original) The support of claim 12 wherein:
 - the arm attachment assembly is operable to move the arm to a retracted position as the inner tube moves, and
 - the leg attachment assembly is operable to move the leg to a retracted position as the inner tube moves.

14. (Original) The support of claim 12 wherein the arm includes a straight or substantially straight arm body.
15. (Original) The support of claim 12 wherein the leg includes a straight or substantially straight leg body.
16. (Original) The support of claim 12 wherein the moving leg ring surrounds a portion of the outer tube.
17. (Original) The support of claim 12 wherein the moving leg ring and the moving arm ring surround different portions of the outer tube.
18. (Original) The support of claim 12 wherein:
the arm attachment assembly and the leg attachment assembly are operable to simultaneously move their respective arm and leg to a retracted position as the inner tube moves, and
the body includes a bias member disposed between the inner tube and the outer tube that is operable to bias the arm and leg to the retracted position.
19. (Original) The support of claim 12 wherein the lock mechanism includes:
an actuating tube operable to move the inner tube,
a locking portion in an actuating slot formed in the outer tube, and
a lock pin attached to the actuating tube and extending into the actuating slot, wherein the actuating slot is oriented on the outer tube such that the pin moves within the slot as the actuating tube moves along the longitudinal axis relative to the outer tube and the lock pin contacts a slot edge to retain the arm and leg in an extended position.
20. (Cancelled)
21. (Cancelled)
22. (Cancelled)
23. (Cancelled)

24. (Cancelled)
25. (Cancelled)
26. (Cancelled)
27. (Cancelled)
28. (Cancelled)
29. (Cancelled)
30. (Previously Amended) A method for support comprising:
 - moving an arm ring of an arm attachment assembly and a leg ring of a leg attachment assembly in the same direction to simultaneously extend an arm of the arm attachment assembly and a leg of the leg attachment assembly to an extended position; and
 - placing the leg and a body of the support on a surface such that the arm is suspended above the surface.
31. (Currently Amended) The method of claim 30 further comprising moving the moving an actuating member to simultaneously retract the arm and the leg to a retracted position.
32. (Currently Amended) The method of claim 30 wherein simultaneously extending the arm and the leg includes moving a moving the arm ring and a moving the leg ring toward a respective fixed arm ring and fixed leg ring.
33. (Cancelled)
34. (Currently Amended) The method of claim 30 wherein further comprising locking the arm and leg in the extended position includes rotating the by rotating an actuating member relative to a body of the support.
35. (Previously Added) The support of claim 1 further comprising a locking mechanism operable to retain the arm and leg in the retracted position.
36. (Previously Added) The method of claim 31 further comprising locking the arm and leg in the retracted position.

37 (Previously Added) The method of claim 30 further comprising locking the arm and leg in the extended position.